

Staying healthy after pregnancy



Molina Healthcare wants to make sure you have access to the care you need – whether it is in a doctor’s office, urgent care clinic, emergency room or through virtual care to take care of you after pregnancy!

Getting Routine Care Postpartum

Your primary care provider (PCP) is your main doctor. They will take care of most of your healthcare services and help you get the care you need. This includes:

- Routine Preventative Care
- Monitoring mental health
- Managing chronic conditions like High Blood Pressure and Diabetes
- Contraception/Birth Control Options
- Well-woman exams

OB/GYNs can serve as a woman’s PCP. Members can call Member Services to make this request. In most cases, your assigned PCP’s name and phone number is listed on your Molina ID card. If it is not listed on your ID card, call Member Services for help contacting your doctor.

Getting care quickly or after-hours

Sometimes you may need to get care quickly or after hours. You should always contact your PCP first if you need an appointment quickly or after hours. Your PCP will tell you if your health concern is urgent and can not wait until their next available appointment. Your PCP may direct you to go to urgent care. Urgent care clinics can treat health concerns like:

- Common illness such as colds, the flu, earaches, sore throats, migraines, fever, rashes, vomiting, diarrhea.
- Minor injuries, such as sprains, back pain, minor cuts and burns, general wound care, minor broken bones, minor eye injuries.
- Conditions such as urinary tract infections and mild asthma.



Molina’s 24-hour Nurse Advice Line

You can always call Molina’s 24-hour Advice Line if you have questions or concerns about your health. We have trained nurses available 24 hours a day, 7 days a week to answer your questions and help you get the right care. Call **(888) 275-8750, TTY 711.**

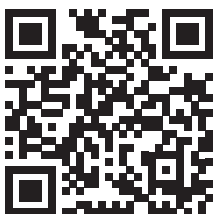


Getting emergency care

If you think you have a severe injury, illness or emergency, call **911** or go to the nearest Emergency Room (ER). Go to the emergency room or call **911** right away if you have any of the following symptoms:

- Chest pains
- Severe abdominal pain
- Coughing or vomiting blood
- Severe burns/deep cuts or bleeding that won't stop
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or loss of coordination or balance
- Numbness in the face, arm or leg
- Sudden, severe headache (not a migraine)
- Seizures
- High fever
- Any other life-threatening condition

Always remember to bring a copy of any medications you are taking to any doctor's appointment or urgent care/ER visit.



Finding a PCP or Urgent Care Center

If you need help finding a PCP or urgent care center in your area, you can search Molina's Provider Online Directory located at MolinaProviderDirectory.com/TX. You can also download a copy of the directory from MolinaHealthcare.com or download the MyMolina Mobile app from the Apple App Store or Google Play store to search for a doctor or urgent care clinic using the Doctor Finder Feature.

Non-Emergency Medical Transportation

Non-Emergency Medical Transportation (NEMT) Services provide transportation to non-emergency health care appointments for Members who have no other transportation options. These trips include rides to the doctor, dentist, hospital, pharmacy, and other places you get Medicaid services. These trips do NOT include ambulance trips. Call Member Services for help finding a ride in your area.

Member Services: **(866) 449-6849**

(877) 319-6828 for CHIP RSA

Monday to Friday, 8 a.m. – 5 p.m., central time



Molina's Behavioral Health Crisis Line

If you have a mental health crisis line or a substance use issue, you can call Molina's Behavioral Health Crisis Line – someone will be there to help you.

Call **(800) 818-5837**,
24 hours a day, 7 days a week.

